



# Simple Cabbage Soup

Serves: 4   Active Time: 45 minutes   Total Time: 45 minutes

## Ingredients:

- ½ onion, small diced
- 1-2 garlic cloves, minced
- 1 large carrot, medium diced
- 6 cups cabbage, cut in chunks about 1 inch
- 1 cup canned tomatoes (seeded)
- ¼ tsp chili flakes (or to taste)
- 6 cups vegetable stock
- Sea salt, to taste
- ¼ tsp freshly ground black pepper
- 5 sprigs fresh thyme, or 1 tsp dried oregano flakes
- 1 bay leaf
- 1 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 2 tbsp parsley (to finish), roughly chopped



## Direction:

- Place the stock into a large pot and warm to heat through.
- Heat a large pot to medium heat. Once hot add carrots and onions, stir as often until onions are slightly golden and translucent about 3-4 minutes.
- Add ¼ cup of water or vegetable stock to deglaze.
- Add the chili flakes and garlic and cook for about a minute, making sure the garlic doesn't brown.
- Add the cabbage and pinch of salt and let sweat for 10 minutes, stirring from time to time until softened.
- Once done, add the stock, tomatoes, salt and pepper and bring to simmer.
- Add bay leaf and thyme/oregano and let simmer for about 10 minutes.
- To finish the soup, add the Dijon mustard, black pepper and apple cider vinegar. Add salt as desired.
- Serve with parsley on top.